

# **WELLNESS AND PREVENTION WORKGROUP**

**MARYLAND HEALTH QUALITY AND COST COUNCIL  
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## **PRESENTATION OVERVIEW**

### **Update items:**

- CTG/ PHHS Grant
- Healthiest Maryland Businesses
- State Employee Wellness Initiative

### **Action items:**

- MHQCC Million Hearts action plan
- Million Hearts™ best practices: MedStar Health

## UPDATE: CTG & PHHS EFFORTS



- **Early Successes:**
  - DHMH and the Institute for a Healthiest Maryland assessed and facilitated optimal starting points for CTG implementation in 17 jurisdictions at the CTG Share and Learn Sessions.
  - Healthier child care environments have been created in Calvert, Charles, Frederick, Harford, St. Mary's, and Worcester Counties.
  - Harford County implemented a tobacco-free environment rule for all properties owned, leased and operated by the county, including indoor and outdoor recreation.
  - Assessed local school wellness policy strength and comprehensiveness.
- **Next Steps:**
  - Implementation of Year 2 CTG activities.
  - In July 2012 five large jurisdictions began the implementation of PHHS Million Hearts activities (e.g. supporting workplace wellness, ABCS screening and referral to resources, expanding access to Community Health Workers).

## UPDATE: HMB ACTIVITIES

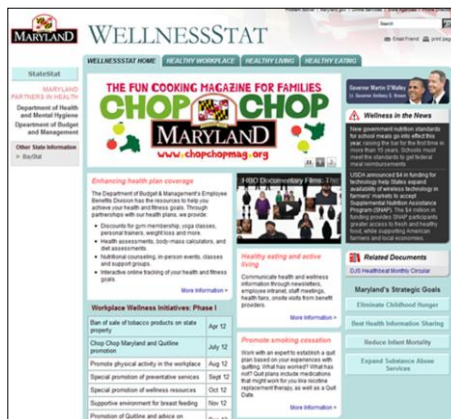


- **Recruitment:**
  - Number of employers reached= 9 new, 170 cumulative
  - Number of employees reached= 39,800 new, 260,000 cumulative
  - Number of HMB Supporting Organizations= 23 cumulative
- **Referral to Resources:**
  - Number of training events= 3
  - Number of employers/stakeholders reached at events= 425+
  - Number of technical assistance communications= 100+
  - Number of resource emails sent to participants= 5
- **Recognition:**
  - Number of HMB businesses recognized at events= 7
- **Next Steps:**
  - Launch of HMB success stories (December 2012)
  - Upcoming Events:
    - September 21<sup>st</sup>, Forum in Cumberland
    - October 17<sup>th</sup>, Forum in Easton
    - Planning for forums in Southern and Central Maryland (Spring 2013)

## UPDATE: STATE EMPLOYEE WELLNESS INITIATIVE



- State Agencies convened on 8/20/12
- State Agency Food Procurement Workgroup convened
- Website Launched



<http://www.governor.maryland.gov/wellness/index.html>

## UPDATE: STATE EMPLOYEE WELLNESS INITIATIVE



- Implementation of Phase I: Maximize Wellness Opportunities

| Maryland State Employee Wellness Initiative: Phase One          |                |
|---|----------------|
| Ban on sale of tobacco products on state property               | April 2012     |
| Healthy Maryland Week   | June 2012      |
| ChopChop and Quitline promotion                                 | July 2012      |
| Physical activity in the workplace                              | August 2012    |
| Special promotion of preventive services (e.g. flu vaccination) | September 2012 |
| Special promotion of wellness resources                         | October 2012   |
| Supportive environment for breastfeeding                        | November 2012  |
| Promotion of Quitline and advice on healthy eating              | December 2012  |
| Healthy meeting policy  | January 2013   |

- Next Steps:
  - Review the Department of Budget and Management's disease management report, when available.

## MILLION HEARTS™: ROLE OF THE COUNCIL



- The Million Hearts Campaign™ is a national effort to prevent 1 million heart attacks and strokes in 5 years by aligning public and private initiatives across the United States.
- Regional, state and local action can help ensure the success of Million Hearts™ by implementing policies and programs at the state and community level that are consistent with Million Hearts™ objective.
- In alignment with CDC and CMS guidance, the Council's role in supporting Million Hearts™ as a statewide leadership health council is to:
  1. Align prevention and control of cardiovascular disease efforts to increase opportunities for coordination of ABCS activities and engagement across agencies and organizations.
  2. Identify and share success in all ABCS strategic areas.

## MILLION HEARTS™: ACTION PLAN



- Because the Wellness and Prevention Workgroup believes the Million Hearts campaign informs the Council's clinical and community prevention efforts, the Workgroup created a Million Hearts action plan.
- This action plan is a framework for the Council to follow when implementing and guiding statewide cardiovascular efforts.
- In alignment with the Maryland Million Hearts plan, the Wellness and Prevention Workgroup prioritizes 5 core areas:
  - Improving clinical care;
  - Strengthening tobacco control;
  - Promoting a healthy diet and daily physical activity;
  - Encouraging workplace wellness; and
  - Incentivizing local public health action.

## ACTION PLAN: SAMPLE STRATEGIES



| Wellness and Prevention Workgroup:<br>Objective 1: Increase opportunities for engagement in Million Hearts among state, regional, and local partners.<br>Objective 2: Identify and share success in all strategic areas. |   |                         |   |   |
|--|---|-------------------------|---|---|
| Priority Strategies  | Activities  | Timeframe               | Council and Partners Responsible                  | Metrics   |
| Strategy 1:<br><i>Improving clinical care</i>  | Highlight partners for their deployment of Million Hearts best practices.   | Fall 2012, on-going     | HQCC (MedStar Health, Perdue Farms, etc.), MHA    | HQCC presentation given   |
| Strategy 4:<br><i>Encouraging workplace wellness</i>   | Promote evidence-based workplace wellness strategies (e.g. value-based benefit design) at regional Healthiest Maryland Businesses forums. | Spring 2012-Spring 2013 | DHMH, HQCC, Mid-Atlantic Business Group on Health | Increased knowledge and skills in core focus areas, as captured by event evaluation forms |